

ASTHMADOR

GUARANTEED TO INSTANTLY RELIEVE
ASTHMA
OR MONEY REFUNDED—ASK ANY DRUGGIST

\$1,473 Net Profit
MADE ON \$200

through this office in 25 days' time with
PUTS & CALLS. Similar opportunities
looked for in the coming 30 and 60
days. If you are interested and wish to
take advantage of these opportunities write
now for BOOKLET K.W. It gives you all
information.

WM. H. HERBST
20 Broad Street New York City
Dealer in Pats and Calls since 1908.

MARCHO

FOR THE FEET
Cool, soothes and relieves Corns, Bunions,
Chilblains and Tender Feet, and instantly re-
lieves tired, burning, aching and weary feet.
As your druggist's or by mail. Send for free
sample. MARVELLO CO., Monticello, Iowa.

25c Pays for the Alabama
Weekly Times One Year

The Alabama Weekly Times is a cle-
ver, eight-page paper, containing live
telegraphic news, agricultural matter,
and other interesting news. Remember,
25c pays for one year. Address Ala-
bama Weekly Times, Montgomery, Ala.

TAMALES Learn to make this food for
the times. Contains a host of recipes
for tamales, enchiladas, and other
Mexican dishes. N. G. Clifford, N. L. Passanipelle, N. C.

FOR SALE 100 Alabama farms. Send 10c
for descriptions and owners' ad-
dress. INGRAM LANSKY CO., Birmingham, Ala.

SOMETHING IN HIS SURENESS

Quality That May Have a Good Deal
to Do With American Soldier's
Fighting Ability.

"Many letters from the soldier boys
abroad appear from time to time in
the old home paper," said Uncle Tim-
othy. "Frequently they are a
trifle shaky in composition. A lad
writes that France is sure a pretty
country, and that the two-wheeled
cars sure look funny; that he is sorry
papa's rheumatism is bothering him,
and it was sure too bad that old
brother broke his leg, and says mamma mustn't
worry, because he is sure coming home
all right, and for everybody to write
often, for he sure gets lonesome to
hear from home—and so on, all very
boyish and commonplace, but very
sure."

"Then presently the news comes
that Private Emory Thicker has been
awarded a distinguished service cross
because," seeing six Germans about to
make a prisoner of his corporal, he
advanced on the Germans, killed two
of them to bring back his corporal to
our lines." And we wonder if being
so 'sure' of himself isn't what makes
our Yankee lad invincible?—Kansas
City Star.

LOOK AT CHILD'S

TONGUE IF SICK,
CROSS, FEVERISH

HURRY, MOTHER! REMOVE POI-
SONS FROM LITTLE STOMACH,
LIVER, BOWELS.

GIVE CALIFORNIA SYRUP OF FIGS
AT ONCE IF BILIOUS OR
CONSTIPATED.



Look at the tongue, mother! If
coated, it is a sure sign that your lit-
tle one's stomach, liver and bowels
need a gentle, thorough cleansing at
once.

When peevish, cross, listless, pale,
doesn't sleep, doesn't eat or act natu-
rally, or is feverish, stomach-ache,
breath bad, has stomach-ache, sore
throat, diarrhea, full of cold, give a
teaspoonful of "California Syrup of
Figs," and in a few hours all the foul,
constipated waste, undigested food
and sour bile gently moves out of the
little bowels without griping, and you
have a well, playful child again.

You needn't coax sick children to
take this harmless "fruit laxative";
they love its delicious taste, and it
always makes them feel splendid.

Ask your druggist for a bottle of
"California Syrup of Figs," which has
directions for babies, children of all
ages and for grown-ups plainly on the
bottle. Beware of counterfeits sold
here. To be sure you get the genuine,
ask to see that it is made by the "Cal-
ifornia Fig Syrup Company." Refuse
any other kind with contempt.—Adv.

Why Visitor Left Hurriedly.
Willie (to talkative caller)—Well
now that you're come, I suppose I
shall have to go for a doctor.

Talkative Caller—Why, Willie?
Willie—Father says you always
make him ill.

TO GUARD AGAINST INFLUENZA
Keep a little Vacher-Balm in your
nose. It is antiseptic, and kills germs.
Though harmless to use, internally or
externally. It also relieves the dis-
tressing symptoms. 25c in Tubes, and
fars. Avoid imitations.—Adv.

A rich man never refuses the pen-
sions offered him in chance.

Your Eyes

A Wholesome, Cleansing,
Refreshing and Healing
Remedy for Red-
ness, Soreness, Granu-
lation, Itching and Burning
of the Eyes or Eyelids;
"Tender" After the Movies, Morning or Night
Use of Eye Drops, or After Eye Surgery. 25c
Bottle. Write for Free Sample. Dr. J. C. Kane,
Chicago.

Re-enter Treadgold

By DOROTHY DOUGLAS
(Copyright, 1918, by the McClure News-
paper Syndicate.)

It was the trailing melancholy of her
sole that first stirred Treadgold's le-
thargic pulse into action. Later he had
a too fleeting glimpse of a pale oval
face framed in tawny gold as Lida
glanced wistfully from the rose-hung
gate that opened into her cottage gar-
den.

Treadgold was annoyed with himself
that the quality of the girl's voice had
twined itself among his senses and in-
dignant at womankind in general mere-
ly because Lida's eyes had stabbed his
heart with a silent appeal.

Ever since the day he had donned
the khaki uniform and become a sol-
dier to fight for his country Tread-
gold had eschewed anything even bor-
dering on the feminine. He had
shunned that thrifty, fascinating,
heavy duty of the gentle sex as if it
had the plague running wild within its
borders. War was a stern affair—a
business that must be sternly followed.
There must be no counter-attraction bur-
ling the senses from the austere pur-
poses of the fighting man.

During his six months at training
camp his brain had been far too busy
for the most part in trying master the
contents of some twenty or more text-
books, as well as drills, field practice
and a few more oddments of learning,
to find much time for missing the femi-
nine part of life.

A few more months at camp, where
he and many of the field artillery men
had been sent to officer the troops,
quite rounded off Treadgold's ability
to live happily and usefully without
the love of woman.

In weaker moments, perhaps under
the influence of a glorious moon or the
trickle of woodland stream, remem-
brance of dainty, smiling lips, a swift
cross or the fragrance of ruffled
tresses came to disturb Treadgold's
war-filled brain. These had been fleet-
ing, easily dismissed dreams.

"Ancient past!" the fighting man
would mutter grimly.

But in the case of Lida's blue-eyed,
wistful face Treadgold found himself
up against a power stronger than him-
self. Unless he took a frightfully cir-
cumspect route, his billet led him
straight past the cottage, with Lida
either in his singing with melancholy
sweetness, or gazing appealingly from
the garden gate straight into the eyes
of the passer-by.

Treadgold was annoyed when he
saw her and upset for the day when
he didn't see her. He felt that the
girl was aware of his presence on the
path, whether he passed or didn't
pass. This feeling, too, irritated him.

He decided, however, and with the
decision jaw clenched—that he
would fight. As unknown girl's in-
fluence, and as successfully as he had
fought the lure of all his feminine
world when he had first entered the
army. Soon France would see him an
actual fighter on the battlefield.

"And if I remain on that battlefield
when the fight is done," philosophized
Treadgold, "there will be less regret,
and if I come out whole, then a
straight path to something fifty, and
not masculine, for me."

"In fact," he decided, "something
just about the type of Little Sad Eyes
there will be my finish."

So he fought the magnet and con-
quered. Had Treadgold been another
type of man he could have managed to
meet the girl who had stirred his
pulses, could have loved and sailed
away. But he was not that kind of
man. Love to Treadgold was a won-
derful thing. He could not less hap-
pily kill the Boche and destroy man-
kind greedily were he to be reminded
constantly that he had left a wife be-
hind. He knew that ever behind the
sword thrust of battle he would sense
the humanity side of the question,
would realize before killing the man
that he was also killing the woman
whom that man had left behind—kill-
ing her happiness at last.

Besides, Treadgold knew that should
he marry a girl like Little Sad Eyes he
would be consumed with longing for
her every moment that held him from
her side. He had not the strength to
fight both the enemy and his own emo-
tions.

So when the great ship stole out un-
der cover of darkness from the New
York wharf and sailed out toward
France Treadgold found himself re-
joicing that he was not bringing the
tragedy of separation into some one's
life.

When the battle raged for him he
was still more glad for a nasty bit of
shell caught him pretty squarely in
the temple.

Treadgold re-entered the world of
femininity on a stretcher. In other
words, he was carried tenderly if un-
consciously into the hospital, where

self had a great deal to do with pass-
ing him for admission.

On one occasion a young man, the
son of a wealthy Philadelphian and
known as a good liver and more or less
a man about town, appeared before
the lawyer, who was acting as one of
the examiners.

Mr. Ingraham knew perfectly well
that the applicant had no intention of
practicing law. He merely desired to
acquire a profession in a graceful, easy
manner.

Consequently, Ingraham asked him
only one question.

"Mr. G.," he said, after the ap-
plicant had been shivering in apprehen-
sion of the result, "how do you make
chicken salad?"

The KITCHEN CABINET

Stoppage of waste and taking up of
slack will yield a large part of our
requirements and tone up both the in-
dividual and the business machine for
the strain of the post-war period.—
G. H. Lorimer.

In everything you do, aim to excel;
for what is worth doing, is worth do-
ing well.

**HELPFUL HINTS FOR BUSY
HOUSEWIVES.**

REMEMBER to wipe
the top of milk bot-
tles before opening it;
hands far from clean
may have handled it.

Lace curtains may
be quickly mended by
dipping a piece of lace
to match in cold
starch and ironing the
piece over the hole;
trim, and the place will never be no-
ticed.

When making pastry handle with as
little moisture as possible; the more
crumbly it is the more flaky it will be.

When whole wheat right from the
granary can be bought for a few cents
a pound, why buy cereals that are no
better and cost five or six times as
much? If cooked until soft after soak-
ing, the grains crack, making an
ideal food for growing children. It is
as all other breakfast foods is best
served with little or no sugar. Wheat
needs long, slow cooking; the fireless
cooker is the finest place to cook whole
wheat.

A most wholesome dish to be served
either for supper or luncheon is po-
tatoes and bacon. Put a layer of thinly
sliced potatoes in a buttered baking
dish and pour over a thin white
sauce or simply seasoned milk, with
a few bits of butter. Lay over the top
a few slices of bacon, set into the
oven and bake until the potatoes are
tender.

A most delicious tapioca pudding is
made with canned pears. A few
prunes or cherries are also good.

After preparing celery for the table
save the tops and small bits for soup.
A severe cold on the chest may be
relieved by a good greasing with lard
and turpentine; one part of turpentine
to two parts lard.

A glass of hot milk is a good sleep
producer. Take it just before retiring.

When making French dressing a
small piece of ice in the salad bowl
will blend and thicken the dressing
quickly.

Do not leave meat in its wrapping
paper; the meat is not only flavored
by the paper but the juices are ab-
sorbed by it.

While carrots are young and tender
make some marmalade. Take 1½
pounds of well-washed carrots, the
same amount of sugar and two lemons
cut fine, excluding the seeds. Chop
the carrots and simmer until
tender, then add the sugar and cook
until thick. Seal in jelly glasses.

A good-sized market basket is a help-
ful servant in the home. Take it up-
stairs, down cellar or to the garden to
save many trips. The use of a tray
in setting the table and removing the
food is a great saving of time as well
as labor.

A skilled worker can do more in a
given time than one who puts no thought into her
work.

Every atom gives resistance not the
universe can break; to touch their feelings
and break their hearts is easy; the
difficult thing is to break their heads.
—Ruskin.

HOUSEKEEPING HELPS.

AVE plain woodwork
free from crenses and
places where dust will
and a place to lodge,
if you have the choos-
ing.

Woodwork finished
with a good varnish
may be easily clean-
ed with a damp cloth.
Varnish the cupboard
shelves and they will clean as easily as
dining.

Have the work table covered with
tine and save scrubbing tables.

Keep plenty of soft paper to wipe
out greasy dishes, pots and pans, thus
saving dish washing.

Keep a bundle of newspapers handy
on which to set soiled or smoky pans.

Plan the meals a week ahead and
save food and friction.

Rubber heels are a great saving of
both floors and nerves. Yours and
others.

FOR THE FRUIT CELLAR.

EARS are so much
more delicious candied
in the following man-
ner than in the usual
way: Pare and cut
in halves or quarters
as desired, put them
with half their weight
in sugar in a stone
crock and let stand
over night. In the
morning rock slowly
ly on the back part of the stove until
perfectly done, then can as usual. The
fruit has a much superior flavor candied
this way, than when canned quickly.

Quinces come late in the season
when more attention can be given to
them. Grate and cook with equal
parts of sugar, letting the mixture
stand in the sugar over night before
canning. This is quince honey, nice
as a garnish for ice creams and pro-
duces.

Make a list of all canned fruit and
vegetables as well as pickles, preserves
and relishes that are put into the stor-
age room and cellar. A glance at the list
will tell you what there is to choose
and each is checked off as used. Have
everything labeled, as it saves dis-
appointment, for even good eyes are some-
times deceived in canned goods.

If one makes his own sausage at
home, roll it in ears husks and smoke it
where it can be stirred daily for
ten days before putting away. Chop
one pound of apples, three-fourths of a
pound of raisins, one dozen ripe tomat-
oes, two red peppers, six small onions,
and one-fourth of a cupful of mince
leaves. Add an ounce of white sugar
and seed, four ounces of salt, one
pound of vinegar and one and a half
quarts of sugar, bottled and cooled.
Mix and put into a crock.

Ancient Dentistry.
In the former villa of Pope Julius
III in Rome, which is now used as an
Etruscan museum, there is exhibited
an excellent specimen of a gold dental
bridge in proper position in a skull
taken from an Etruscan tomb in Civi-
ta Castellana, a town in Etruria, situ-
ated upon the proposed site of Veii.
The latter town was utterly destroyed
before the time of Christ, so a con-
servative estimate would put the age
of this dental bridge at over 2,000
years.

Financial Situation Clarified.
Chief reason why men at fifty do
not have an income from investments
sufficient to make them independent
is because when they were younger
they valued other things as more im-
portant than an income from invest-
ments.—St. Louis Globe-Democrat.

The Observing Sex.
Even if a girl meets a second lieu-
tenant in the dark, she can always re-
member exactly the color of his eyes
and hair.—Florida Times-Union.

PHYSICIANS ARE CALLED TOO SOON

Not Necessary to Summon Doc-
tor in Mild Cases of Span-
ish Influenza.

REST IN BED IS IMPORTANT

Acute Shortage of Medical and Nurs-
ing Service Makes It Imperative
That People Learn Something
of Care of Sick.

Washington.—In an effort to reduce
unnecessary calls on the over-worked
physicians throughout the country be-
cause of the present epidemic of in-
fluenza, Surgeon General Bliss of the
United States public health service
calls upon the people of the country to
learn something about the home care
of patients ill with influenza.

Physicians everywhere have complained
about the large number of unnecessary
calls they have had to make because
of the inability of many people to dis-
tinguish between the cases requiring
expert medical care and those which
could readily be cared for without a
physician. With influenza continuing
to spread in many parts of the coun-
try, and with an acute shortage of doc-
tors and nurses everywhere, every un-
necessary call on either physicians or
nurses makes it so much harder to
meet the urgent needs of the patients
who are seriously ill.

Present Generation Spoiled.
"The present generation," said the
surgeon general, "has been spoiled by
having had expert medical and nursing
care readily available. It was not so
in the days of our grandmothers, when
every good housewife was expected to
know a good deal about the care of the
sick."

"Every person who feels sick and
appears to be developing an attack
of influenza should at once be put to
bed in a well-ventilated room. If his
bowels have moved regularly, it is not
necessary to give a physic; where a
physic is needed, a dose of castor oil
or Rochelle salts should be given."

"The room should be cleared of all
unnecessary furniture, bric-a-brac, and
rugs. A wash basin, pitcher, and slop
bowl, soap and towel should be at
hand, preferably in the room or just
outside the door.

"If the patient is feverish a doctor
should be called, and this should be
done in any case if the patient appears
very sick, or coughs up pinkish (blood-
stained) sputum, or breathes rapidly
and painfully.

"Most of the patients cough up con-
siderable mucus; in some there is
quite a mass discharged from the nose
and throat. This material should not
be collected in handkerchiefs, but
rather in bits of old rag, or toilet pa-
per, or on paper napkins. As soon as
used, these rags or papers should be
placed in a paper bag kept beside the
bed. Pocket handkerchiefs are out of
place in the sick room and should not
be used by patients. The rags or pa-
pers in the paper bag should be burned.

"The patients will not be hungry,
and the diet should therefore be light.
Milk, a soft-boiled egg, some toast or
crackers, a bit of jelly or jam, stewed
fruit, some cooked cereal like oatmeal,
hominy or rice—these will suffice in
most cases.

Comfort of Patient.
"The comfort of the patient depends
on a number of little things, and these
should not be overlooked. Among
these may be mentioned a well-ven-
tilated room; a thoroughly clean bed
with fresh, smooth sheets and pillow-
cases; quiet, so that refreshing sleep
may be had; cool drinking water con-
veniently placed; a cool compress to
the forehead if there is headache;
keeping the patient's hands and face
clean, and the hair combed; keeping
his mouth clean, preferably with some
pleasant mouth wash; letting the pa-
tient know that someone is within call,
but not annoying him with too much
fussing; giving the patient plenty of
opportunity to rest and sleep.

"So much for the patient. It is
equally important to consider the per-
son who is caring for him. It is im-
portant to remember that the disease
is spread by breathing germ-laden mat-
ter sprayed into the air by the patient
in coughing or even in ordinary breath-
ing. The attendant should therefore
wear a gauze mask over her mouth
and nose while she is in the sick room.

Observe Cleanliness.
"The attendant should, if possible,
wear a washable gown or an apron
which covers the dress. This will make
it much simpler to avoid infection.

"It is desirable that all attendants
learn how to use a fever thermometer.
This is not at all a difficult matter,
and the use of such a thermometer is a
great help in caring for the patients.

"In closing, and lest I be misun-
derstood, I wish to leave one word of
caution: If in doubt, call the doctor."

Fact.
"We've had to come 17,000 miles to
get in this fight," remarked an Aus-
tralian in France.

"We haven't had to come that far,"
replied an American, "but it's just as
hard to swim the Atlantic as it is the
Pacific."

Taking Chances.
"Have they found out yet what the
matter with your son, Mike?"
"No, sir, so they've took him to the
hospital to have a autopsy performed
on him."

A Fear.
"You seem doubtful about woman
suffrage."

"I think it's a great thing. Only
I'm afraid that after they get the vote
a whole lot of the women won't care
any more about voting than a whole
lot of the men do."

Many a Time.
"What was her wedding dower?"
"Health and good looks."

"You can't capitalize health and good
looks."

"It has been done in the movies."

Cuticura Soap

Easy Shaving
Sensitive Skin

The New Up-to-date Cuticura
Shampoo

Fail Cabbage

Early Jersey and Charleston
cabbages and other varieties
at \$1.25, 1.00, .75, .50, .25, 10c
at \$1.50, f. o. b. here. Parcel
100, 50c; 1,000, \$2.50. Wholesale
D. F. JAMISON, Sumner, N. C.

25c Will Start

For Particulars, Write to
W. N. U., Birmingham, Ala.

KNOW WHAT HE WAS

Business Man Had Excuse
for Getting "Stunning" in the
Man to Work in Office

A Columbus (O.) business
man told his story of a
man who held his two stenographers
in the lurch, saying that
the man was the son of the
most famous detective
ever walloped by a newspaper
man, and a "stunning" in the
first place, and he was
getting through the summer
it up so that neither of the
for a vacation nor seemed
to him. He tells the story in the
business edition, using the
word: "I hired an
about the beginning of the
not a very high-class man,
but a stunning looker, and
the trick. Both the stenog-
raphers on the young man,
was willing to give the ex-
clusive chance at him by
for a couple of weeks. So he
he proved a pretty good
the phlegmatic German busi-
nessman to take away the
can trade from his at-
tention.—Minneapolis Star.

A Wartime Wife

"Things have come out of
this war," sighed the patriotic
woman, as she aimed her
the hallcrack, banded her
to her kid brother and
for the scolding soap.

"What is the matter with
her mother."

"Matter enough, I should
say. That we poor girls are making
money in the munition fac-
tory, and we have to wear
a lot of clothes we have to
use."

Deb is liable to worry the
unable to obtain credit.

Saving Sugar and Wheat

is comfortable
done when
uses

Grape-Nuts

This cereal
is composed
ly of barley
contains its
sugar made
its own grain

A truly won-
ful Food, re-
to eat.

"There's a